

### Claim Amendments

Claims 1-22 (canceled)

Claim 23 (previously presented): A method of forming a chock for a mine roof crib to support a mine roof comprising the steps of:

attaching a first block to a top side of a primary piece in spaced relationship to each end of the primary piece to define notches at each end of the top side of the primary piece, the primary piece a single piece of material; and

attaching a second block to a bottom side of the primary piece in spaced relationship to each end of the primary piece to define notches at each end of the bottom side of the primary piece.

Claim 24 (original): A method as described in Claim 23 including the step of placing a stop adjacent each end of the primary piece and in spaced relationship with the respective block to define a receiving zone to receive a notch of another chock.

Claim 25 (original): A method as described in Claim 24 wherein the stop includes blocks, spacers, bar pins or staples.